

Langley Air Force Base Fitness Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|
| 9 to 10 a.m. Body Sculpting Allison Shellbank | 6:15 to 7 a.m. Cycle Shanda Shellbank | 9 to 10 a.m. Body Sculpting Allison ACC Complex | 6:15 to 7 a.m. Cycle Sabine Shellbank | 9 to 10 a.m. Body Sculpting Allison Shellbank | 8:15 to 9:15 a.m. *Intermediate Step Rotation Shellbank |
| | | 9 to 10 a.m. Fitness Yoga Patricia Shellbank | | | 9:30 to 10: 30 High-Low Rotation Shellbank |
| 11:30 to 12:15 Cycle Mary ACC Complex | 11 a.m. to noon Intermediate Step Sheila Shellbank | 11 a.m. to noon Cardio Mix Nola ACC Complex | 11 a.m. to noon Body Sculpt Nola ACC Complex | 11 a.m. to noon Cardio Mix Nola Shellbank | 10:45 to 11:45 a.m. Fitness Yoga Rotation Shellbank |
| 11:30 to 12:30 CrossFit Fitness Staff Shellbank | 11:30 to 12:15 p.m. Cycle Fitness Staff Shellbank | 11:30 to 12:30 CrossFit Fitness Staff Shellbank | 11:30 to 12:15 Cycle Fitness Staff ACC Complex | 11:30 to 12:30 CrossFit Fitness Staff Shellbank | |
| Noon to 1 p.m. FitnessYoga Fred Shellbank | 12:30 to 1 p.m. Hard Core Fitness Staff Shellbank | 11:30 to 12:15 Cycle Mary Shellbank | | 11:30 to 12:15 Cycle Sabine Shellbank | |
| 12:30 to 1 p.m. Beginner HC Fitness Staff ACC Complex | 12:30 to 1:30 p.m. Yoga-Lates Patricia ACC Complex | 12:30 to 1 p.m. Hard Core Fitness Staff Shellbank | 12:30 to 1 p.m. Hard Core Fitness Staff Shellbank | 12:30 to 1 p.m. Beginner HC Fitness Staff ACC Complex | |
| 4:45 to 5:45 p.m. High-Low Fran Shellbank | 4:45 to 5:45 p.m. Cardio Boxx Lilie Shellbank | 4:45 to 5:45 p.m. High-Low Terry Shellbank | 4:45 to 5:45 p.m. Fitness Yoga Fran Shellbank | 4:45 to 5:45 p.m. Más Flow Laurie Shellbank | |
| 5 to 5:45 p.m. Cycle Courtney Shellbank | | | 5 to 5:45 p.m. Cycle Ev Shellbank | | |
| 6 to 7 p.m. Intermediate Step Tanya Shellbank | 6 to 7 p.m. Cardio & Strength Teresa Shellbank | 6 to 7 p.m. Intermediate Step Liz Shellbank | 6 to 7 p.m. Cardio-Box Ronnie Shellbank | | |

Fitness Classes

Classes are held at the Shellbank Fitness Center and the Air Combat Command Campus Fitness Center

Shellbank Fitness Center

72 Elm St.

Mondays thru Fridays, 5 a.m. to 11 p.m.

Weekends and holidays, 8 a.m. to 7 p.m.

(757) 225-8165

Air Combat Command Campus Fitness Center

216 Dodd Blvd.

Mondays thru Fridays, 5 a.m. to 7 p.m.

Weekends and holidays - closed

(757) 764-5791

All classes are free and admission is first-come, first-serve. Yoga mats and steps are provided; however, towels are not included.

Each class gives a total body workout designed to improve cardiovascular fitness, muscle strength, endurance, flexibility and body composition.

Body Sculpt – A non-aerobic class devoted to thorough conditioning and sculpting of the abdominals, upper/lower body and static stretching to increase flexibility. This class provides a workout for sculpting and muscle tone.

Cardio Mix – An energetic low-impact cardio workout incorporating traditional aerobic moves combined with muscle tone work.

Cardio & Strength – A workout that builds strength and stamina using either hand weights, bands, body bars, step and a variety of floor exercises.

Cardio-Box – is the extreme in total body conditioning. This class includes jabbing, kicking, shadow boxing and jump rope. The class begins with a “Sports Specific” warmup, and cools down with Tai Chi moves.

CrossFit – An explosive workout which tests strength, stamina and endurance. This class is built on varied functional movements executed at high intensity. Some of the exercises include the squat, deadlift, dip, pull-up, push-up and box jump.

Cycle – More than just a physical workout, this 45-minute class will help people burn calories and increase fitness with interval drills, hill sprints and speed play training - all to Top 40 tunes and music designed specifically for the class.

Fitness Improvement Class – A class targeted for those who do not meet Air Force fitness, strength, and/or weight/body fat standards. Priority is given to Fitness Improvement Program customers, but anyone can attend.

Hard Core – This class builds strength and stamina in the abdominal muscles while improving posture and balance using a gymnastic ball.

High-Low – This aerobics class is based on traditional aerobic combos of high and low impact moves. We round this class off with some body conditioning floor work and stretches.

Intermediate Step – This class provides moderate intensity step aerobics, followed by a workout targeting muscles not used during the step routine, such as abs, upper body, plus a cooling stretch to increase flexibility. This step class is taught at a basic to intermediate level.

Más Flow – This class provides “fitness with flavor.” An Afro-Latino Dance Aerobic workout that transforms the body and transports the mind. This class that is fun for everyone.

Yoga Fitness – This class is a balance between body and mind. The yoga format is challenging and fun with discipline that will keep people fit. By stretching and lengthening muscles, people will regulate their internal organs and balance their circulatory, respiratory and hormonal systems. This class is a workout for the mind, body and soul.

Yoga-Lates – This class is based on the Pilates methodology and provides a non-aerobic hour devoted to thorough conditioning and sculpting of the abdominals and upper/lower body. This gives people a great workout for total body sculpting.